



## Evaluating the diversity of senior meal sites in the Commonwealth of Massachusetts.



*The Massachusetts Elderly Nutrition Program offers meals in a group setting that provides a place for seniors to socialize and enjoy a nutritious meal. The meals are served at sites such as Council on Aging (COAs), community centers, and housing complexes. An increasing amount of sites now cater to a variety of diverse and ethnic populations. This updated document contains information on such sites as well as an additional 16 new sites created over the last five years. It should be noted that all seniors, regardless of ethnicity or diversity are welcome and encouraged to dine at any site.*

Originally prepared by: Shoghig Balkian, MPH, Amy Sheeley, PhD, RD, Shirley Chao, PhD, RD  
Revised by: Elizabeth Schneider, MS, Amy Sheeley, PhD, RD, Shirley Chao, PhD, RD  
Updated: January 2013

The following describes changes to the diverse elderly nutrition meal sites since this document was created in 2008:

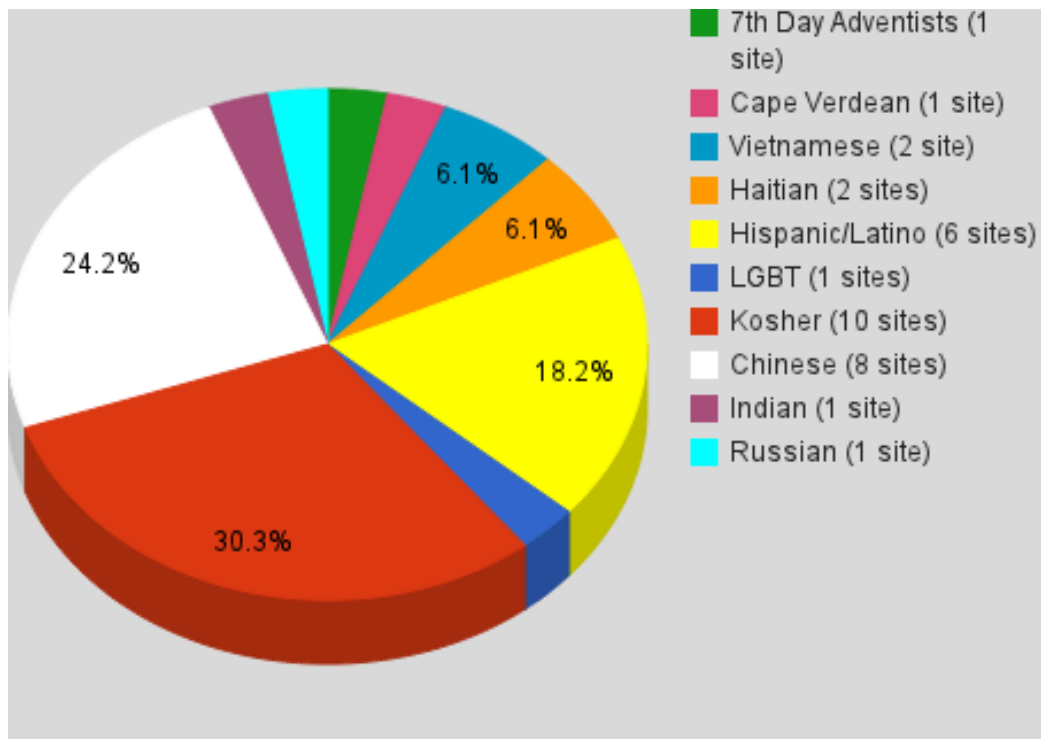
### **Five year comparison of diverse meal sites (2008 vs 2013)**

	<b>2008 Data</b>	<b>2013 Data</b>
Number of diversities	10	9
Number of sites	33	49
Diversity with most sites	Kosher (10)	Chinese (12)

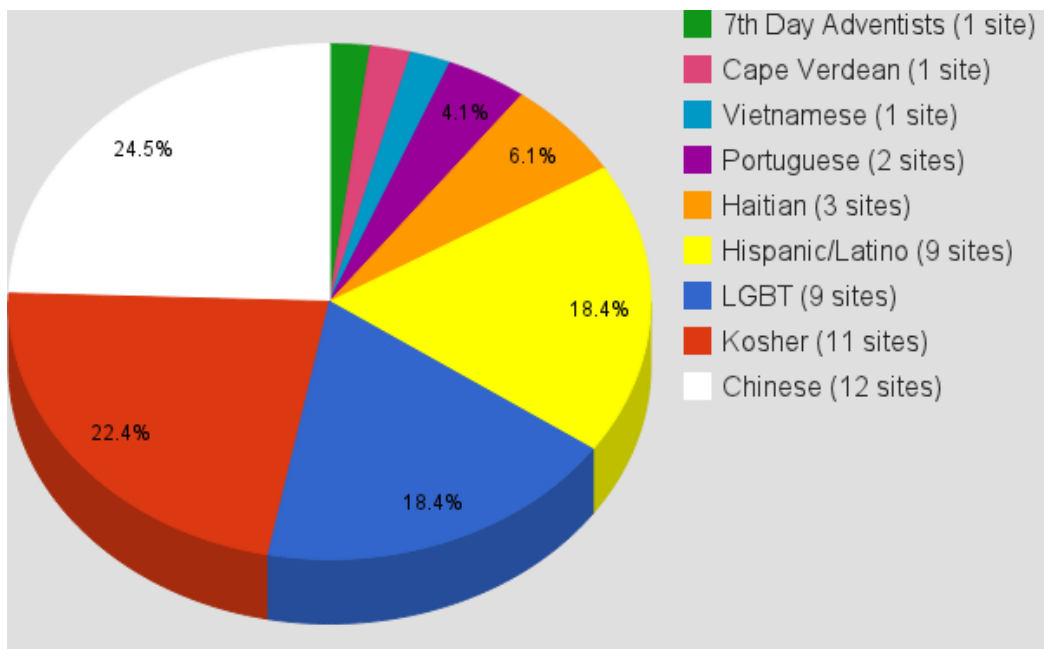
<b><i>Diverse Population</i></b>	<b><i># Sites added</i></b>
7th Day Adventists	0
Cape Verdean	0
Vietnamese	0
Portuguese	2
Haitian	2
Hispanic/Latino	2
LGBT	7
Kosher	4
Chinese	4

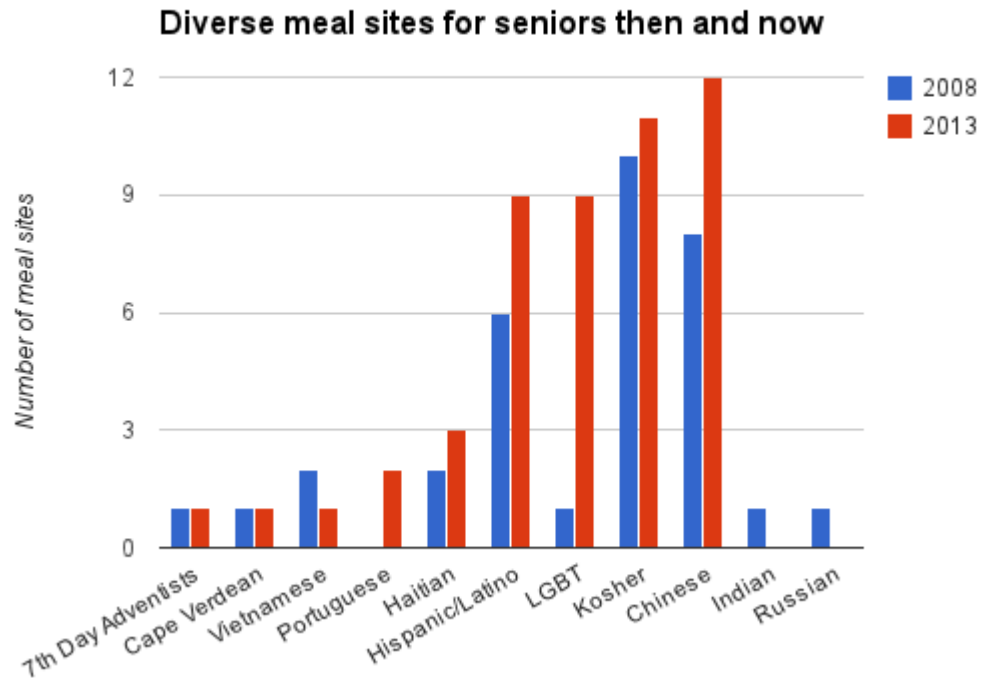
- **Six sites closed since 2008:** 1 Indian, 1 Russian, 2 Haitian, 1 Vietnamese, and 1 kosher

## Diverse Meal Sites – 2008

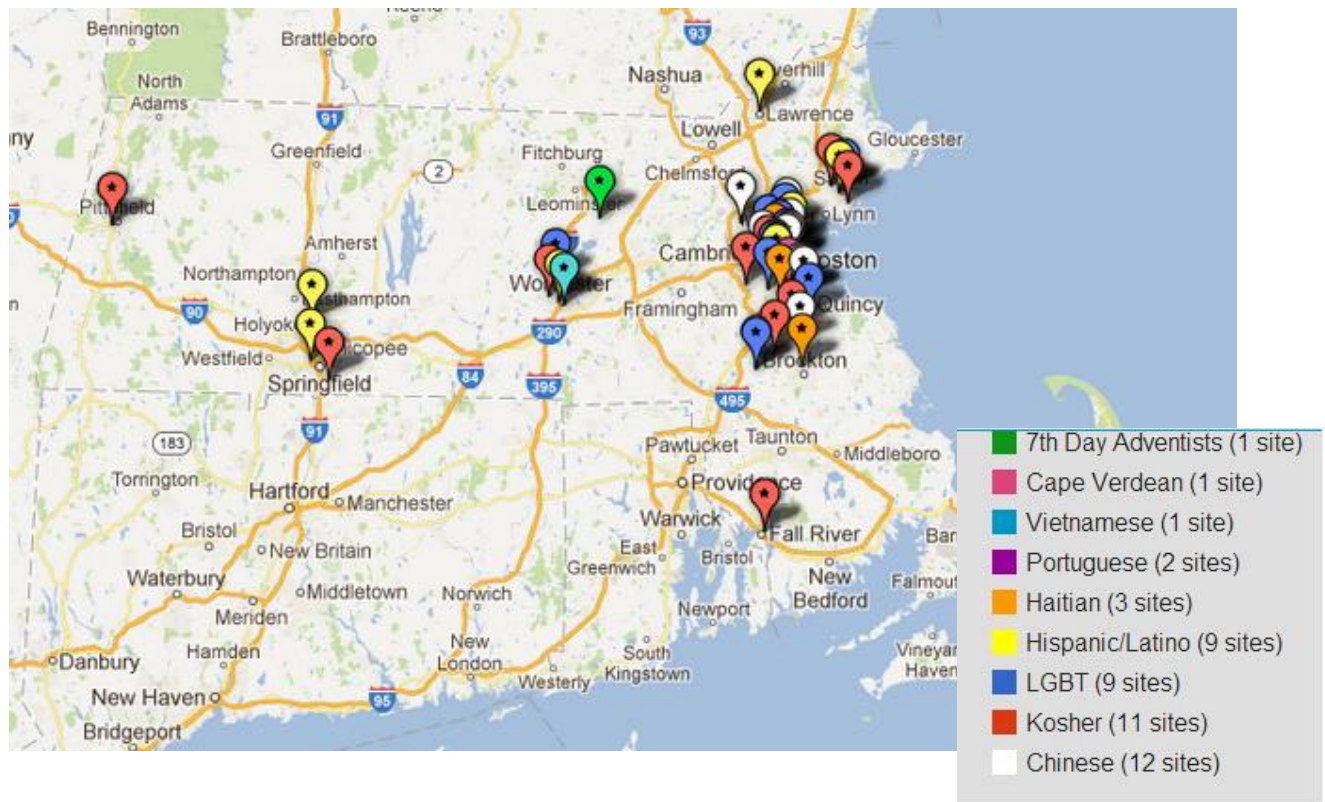


## Diverse Meal Sites – 2013





Map showing the diverse and ethnic meal sites for seniors in Massachusetts



The following icons represent different program elements that are vital to serving diverse populations (courtesy of New Jersey Department of Health and Senior Services \*). The presence of these icons on the top of certain pages represents the presence of these activities at the corresponding site. Data was not collected for newer sites in relation to these elements, although most new sites do offer similar program features.

<b>Menu</b>		Innovative, culturally sensitive menus/restaurants/taste -testing
<b>Environment</b>		Culturally sensitive settings that are warm, and welcoming; celebrations of cultural holidays.
<b>Language</b>		Multi-cultural languages spoken, multi-cultural staff/volunteers, printed materials culturally sensitive and in the appropriate language.
<b>Health Promotion</b>		Exercise, tai-chi, health screenings, emphasis on healthy lifestyles and improving health status.
<b>Nutrition education</b>		Innovative, engaging, delivered in participants' language, targeting food preferences of specific ethnic groups.
<b>Nutrition Counseling</b>		Nutrition assessment and education; tailored to individual participants' needs.
<b>Outreach</b>		Ethnic media outlets, ambassadors, innovative partners.
<b>Staff Volunteer</b>		Multi-cultural, engaging and welcoming all cultures.



# 7<sup>th</sup> Day Adventists - vegetarian



## Lancaster, MA

### Site Location:

First Church of Christ Unitarian  
725 Main St.  
Lancaster, MA 01523  
(978) 375-8026

### Contact:

Ayn Yeagle, Nutrition Director  
Montachusett Opportunity Council  
(978) 345-8501



## 7<sup>th</sup> Day Adventist Meal Site

**Montachusett Opportunity Council**

**Lancaster, MA**

<b>Target Population(s):</b>	7 <sup>th</sup> Day Adventist/Vegetarian (open to all seniors)
<b>Goal:</b>	Besides offering a social network, this congregate meal site also caters to attendees who have nutrition standards set by the 7 <sup>th</sup> Day Adventist religion. Meals are offered from Monday – Thursday during lunch.
<b>Description:</b>	<p>Since Lancaster, MA has a high population of members of the 7<sup>th</sup> day Adventist church; the option of reserving a meal following the standards of the religion is available. A meal following the 7<sup>th</sup> Day Adventist standards is a vegetarian meal. Meals are offered Monday through Thursday. Attendees receive a nutrition intake assessment using the NSI checklist. Further counseling and screenings are done by assessment of the results of the initial intake assessment. Screenings include blood pressure, weight, BMI checks. Group and individual education is offered. Exercise and nutrition education is also provided as part of the ACCENT program (Action for Community Centered Elder Nutrition Training).</p>
<b>Setting:</b>	This site is in a separate part of a church that accommodates congregate meals. Non-church members and church members alike are encouraged to attend and do so regularly.
<b>Promotional/Outreach:</b>	The Lancaster Council on Aging newsletter promotes the event and provides a copy of the menu. Congregate nutrition education is promoted through flyers and local newspapers.
<b>Partnerships:</b>	Facility provided by the church. The meal is monitored and facilitated by the Montachusett Opportunity Council (MOC) Nutrition Program. Meal site managers, a Registered Dietitian and all certified staff are trained and provided by MOC.
<b>Cost/Source of Funding:</b>	Administered by MOC, the Town of Lancaster, State and Federal funds jointly fund costs and resources for this program. A voluntary, confidential contribution of \$2 is requested.
<b>Challenges/Barriers:</b>	More convenient modes of transportation are needed.
<b>Evaluation</b>	Yearly client satisfaction survey is administered and reviewed for evaluation for this program.

# Cape Verdean



## Dorchester, MA

**Contact:**

Kit Clark Senior Services  
1500 Dorchester Ave.  
Dorchester, MA 02124

Stephanie Webbe  
Nutrition Director, Kit Clark Senior Services  
(617) 825-5000

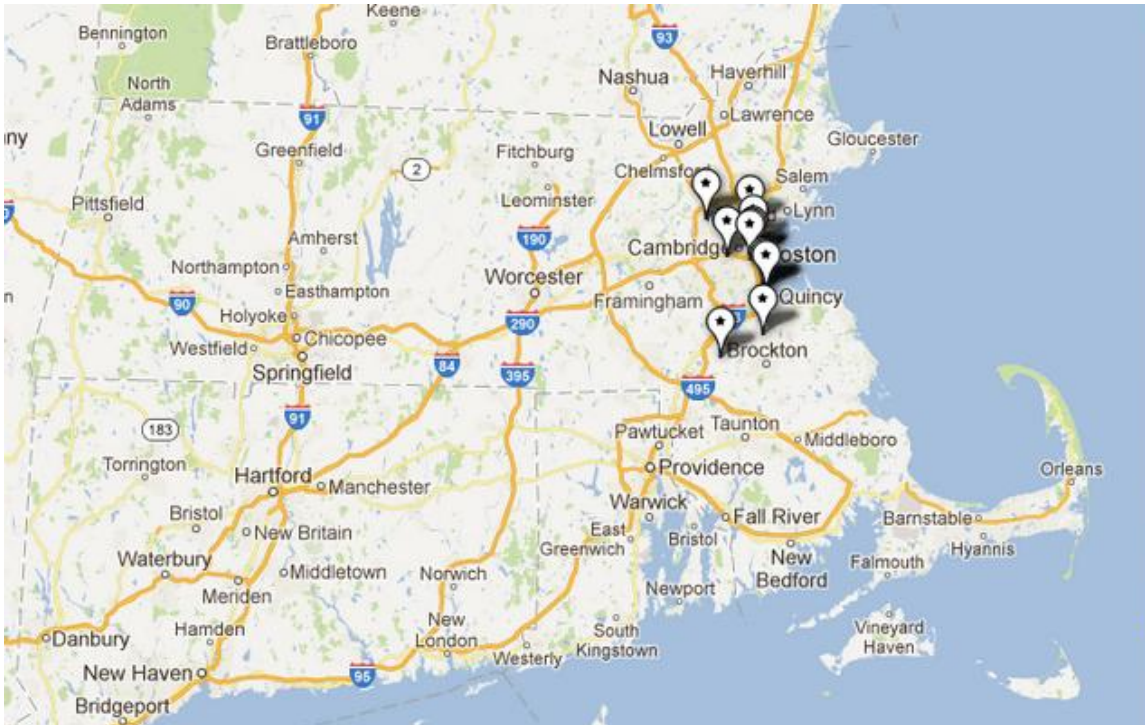




## Cape Verdean Site

Kit Clark Senior Services	Dorchester, MA
<b>Target Population(s):</b>	Cape Verdean (open to all seniors)
<b>Goal:</b>	This meal service is a unique opportunity for Cape Verdean elders to come together for both meals and to get in shape. “Keep Fit for Life” is a program directed at maintaining or losing weight between a one to three year time frame . The Cape Verdean population at this site has been chosen to be the target group by which different forms of health promotion are practiced and disseminated. Open M-F.
<b>Description:</b>	Fit for Life is a grant-funded program put on by Tufts University in Boston, MA aimed at different ethnic, elderly populations in the Greater Boston area annually. Height and weight for each participant is taken, assessment on physical fitness and nutrition counseling is provided for each person who chooses to participate in the program. Each Cape Verdean elder is provided with a personal trainer, nutritionist, and supervisor from Tufts. Staff and volunteers speak Cape Verdean.
<b>Setting:</b>	Both nutrition and exercise programs are located conveniently on the floor below the lunch service room.
<b>Promotional/Outreach:</b>	Publicity for the program is done by word of mouth and information is provided at the 1500 Dorchester Avenue building.
<b>Partnerships:</b>	Friedman School of Nutrition Science and Policy, Tufts University – Boston, MA and Kit Clark Senior Services.
<b>Cost/Source of Funding:</b>	Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$1.75 is suggested per meal.
<b>Evaluation</b>	Evaluations keep sensitive to cultural issues related to nutrition. A weekly evaluation form is filled out by the site for presentation and food quality.

# Chinese



## Boston, MA

- Quincy Tower Site
- Hon Lok House
- Brighton House
- Unity Tower
- Ferrin Street Meal Site

## Sharon, MA

- Senior Center - Sharon Council on Aging

## Malden, MA

- Malden Community Senior Center

## Lexington, MA

- Lexington Senior Center

## Quincy (South Shore), MA

- Wollaston Lutheran Church;
- Quincy Housing Authority;
- North Quincy Community Branch

## Randolph

- Randolph Senior Center



## Chinese Meal sites - Mandarin, Cantonese, and Toissoon

**Greater Boston Chinese Golden Age Center**

**Boston, MA**

<b>Target Population(s):</b>	Chinese (open to all seniors)
<b>Goal:</b>	A centralized location aimed at providing traditional Chinese cuisine to the elderly Chinese population in the Greater Boston Area.
<b>Description:</b>	<p>Sites are located in an accessible location in a Chinese community throughout the Greater Boston Region. The Greater Boston Chinese Golden Age Center organization facilitates health related events as well as social events for the elderly population at each site, respectively.</p> <p>Furthermore, all three sites are organized similarly. Meals are served Monday through Friday at 11:30a.m. Nutrition education and other services are offered at these sites. A Registered Dietitian oversees the menu to provide guidance for healthier options.</p>
<b>Setting:</b>	All sites are located in areas close in proximity to Chinese neighborhoods. Each site serves as a social outlet for the elderly population. Games and social events are often organized informally.
<b>Promotional/Outreach:</b>	The Program has been in existence for one year and provides resources and outreach for these sites. Information is also circulated by word-of-mouth and newsletters.
<b>Partnerships:</b>	Greater Chinese Golden Age in partnership with the City of Boston Commission for the Elderly
<b>Cost/Source of Funding:</b>	Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$1.35 is suggested per meal.
<b>Challenges/Barriers:</b>	Increased funding needed for increasing food costs.

**Evaluation:**

The site is making constant improvements and meets all updated regulations.

**Contacts:**

Quincy Tower Site  
5 Oak St  
Chinatown Area  
Boston, Ma 01226  
Raymond Giang  
(617) 423-7560

Hon Lok House  
21 -31 Essex St.  
Boston, MA 02111  
David Ko  
(617) 542-7458

Brighton House  
677 Cambridge St.  
Brighton, MA 02135  
Lili Mei  
(617) 789-4289

## Chinese Meal sites cont.

### Kit Clark Senior Services

Boston, MA

<b>Target Population(s):</b>	Chinese (open to all seniors)
<b>Location:</b>	Unity Tower 80 West Dedham St Boston, MA 02118
<b>Contact:</b>	Yolanda Rosa, (617) 988-5377
<b>Goal:</b>	This site provides a place for the Chinese senior community to socialize and enjoy a nutritious meal. Ethnic Chinese meals are provided. Nutrition education is also offered.
<b>Description:</b>	Meals are served Monday through Friday. This meal site is open from 9:30-1:30.

<b>Target Population(s):</b>	Chinese (open to all seniors)
<b>Location:</b>	Ferrin Street Meal Site 100 Ferrin Street Boston, MA 02129
<b>Contact:</b>	Fran Doherty, (617) 241-7010
<b>Goal:</b>	This site provides a place for the Chinese senior community to socialize and enjoy a nutritious meal. The food is not Chinese cuisine at the moment, but we are working on implementing a Chinese meal. A staff member speaks Chinese and facilitates weekly group activities and meetings. Nutrition education is also offered.
<b>Description:</b>	Meals are served Monday through Friday. This meal site is open from 8:30-4:30.





## Chinese Meal Site

Mystic Valley Elder Services	Malden, MA
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<b>Target Population(s):</b>	Chinese (all seniors welcome)
<b>Goal:</b>	The goal for this site is to provide a social setting for the Chinese community in Malden, MA.
<b>Description:</b>	<p>An authentic Chinese meal is offered two days a week (Wednesday, Thursday), in addition to the regular senior dining lunch.</p> <p>The Chinese meals are served at the newly built Malden Community Senior Center, 7 Washington St, Malden, MA, and are catered by a local Chinese restaurant. Reservations are made by contacting the Malden Community Senior Center at 781-397-7153.</p>
<b>Promotional/Outreach:</b>	Community speakers provide information in Chinese regarding physical and mental health, as well as managing finances.
<b>Partnerships:</b>	All meals services are organized through Mystic Valley Elder Services while the Malden Senior Center partners with Chinese Golden Age to provide other activities and the facilities.
<b>Cost/Source of Funding:</b>	Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$1.50 is suggested per meal.
<b>Challenges/Barriers</b>	The need for staff speaking other dialects of Chinese would also allow the program to expand throughout the Chinese community.
<b>Contact:</b>	<p>Barbara Rougier  Nutrition Director  Mystic Valley Elder Services  (781) 324-7705</p>



## Chinese Meal Site

South Shore Elder Services

Quincy, MA

<b>Target Population(s):</b>	Chinese (Primary language: Cantonese) (open to all seniors)
<b>Goal:</b>	The goal for this site is to provide a social setting for the Chinese community in Quincy, MA. The three sites offered in Quincy are also aimed at providing solutions for general needs of the elderly community. All locations are localized so that people can get to one of the three sites, which are within a two-mile proximity.
<b>Description:</b>	<p>A meal is offered three days during the mid-week, (Tuesday – Thursday), and take place at a different location each day. Tuesdays at the Quincy housing authority building (about 20 patrons); Wednesdays at Wollaston Lutheran Church (20-30 patrons); Thursdays at North Quincy Branch Public Library (about 20 patrons)</p> <p>Although each setting and environment is different, every location offers its own, unique component to the meal service. Chinese meals are served at all locations. Tai Chi takes place on the ground floor of the Quincy Building over the summer months. Exercises are done on 12<sup>th</sup> floor during the winter months.</p>
<b>Setting:</b>	Each site is open to the Chinese community for the majority of the morning, before lunch is served, and is a central location for socialization in the Cantonese-speaking Chinese community. Since all three sites are walking distance from each other; it is common for patrons to travel amongst sites throughout the week. Staff and volunteers speak Cantonese at each site.
<b>Promotional/Outreach:</b>	Community speakers provide information in Chinese regarding physical and mental health, as well as managing finances.
<b>Partnerships:</b>	All services are organized through South Shore Elder

Services, while community partners provide facilities.

**Cost/Source of Funding:** Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$1.35 is suggested per meal.

**Challenges/Barriers** Since the meal is at three different sites, transportation in the wintertime can be tricky for patrons. The meal service, however, offers some transportation for those who request it. The need for staff speaking other dialects of Chinese would also allow the program to expand throughout the Chinese community.

**Contacts:**

Wollaston Lutheran Church (Tuesdays)  
550 Hancock St.  
Quincy, MA 02170

Quincy Housing Authority (Wednesdays)  
80 Clay St.  
Quincy, MA 02170

North Quincy Community Center (Thursdays)  
381 Hancock St.  
Quincy, MA 02171

Randolph Senior Center (2nd Thursday of each month)  
16 Fencourt Ave.  
Randolph, MA 02368

Ry-ann Bonilla  
Nutrition Director  
South Shore Elder Services  
(781) 848-3939



## Chinese Meal Site

**HESSCO Elder Services**

**Sharon, MA**

<b>Target Population(s):</b>	Chinese (open to all seniors)
<b>Goal:</b>	Started as a project aimed at decreasing the problem of isolation in Chinese elders living in South Shore neighborhoods. This site has become a multi-cultural social network where Chinese elders have integrated with members of other elder communities .
<b>Description:</b>	The authentic Chinese meal is offered six times a year during alternating months (an authentic Indian meal is served during the other months). Menus are planned in collaboration with a nutritionist, a member of the Chinese community, and contracted through a local Chinese restaurant. Approximately 30 people attend this event. Nutrition education is offered and translated into Chinese. Different forms of exercise are offered. Bilingual volunteers oversee the ethnic menu and are funded by the COA to pick up the meals from the restaurant.
<b>Setting:</b>	Meals are held at the newly built Senior Center in the Sharon Council on Aging (COA) building. This bi-monthly event is well-appreciated by the Chinese community in Sharon, MA and surrounding communities. Attendees usually come early on the day of the meal to use the senior center for socializing. Chinese music and entertainment is also available on these days.
<b>Promotional/Outreach:</b>	Several speakers have come in to explain health services, government programs, and rights offered to the elderly population in the US that may not be apparent to recent migrants. This event is promoted through the Sharon C OA newsletter.
<b>Partnerships:</b>	All services are organized through HESSCO Elder Services, while the Sharon Council on Aging provides the facilities.

**Cost/Source of Funding:** Voluntary donations and federal and state sources are used to fund the monthly gatherings. There is a voluntary donation of \$2.50 suggested per meal.

**Challenges/Barriers:** There is a need for more Chinese-speaking volunteers and different modes of transportation for elderly to access this site.

**Evaluation:** Mainly informal, evaluations are done by word-of-mouth to program managers and volunteers during the events.

**Contact:**  
Sharon Council on Aging building  
219 Massapaugh Ave.  
Sharon, MA 02067  
Lian Tang, Bilingual liaison for Chinese population  
Gabriel Wu, Program Volunteer  
(781) 784-4000  
Jayne Davis  
(781) 784-4944



## Additional Chinese Meal Site:

### Minuteman Senior Services

Lexington, MA

<b>Target Population(s):</b>	Chinese (open to all seniors)
<b>Goal:</b>	This site provides a place for the Chinese senior community to socialize and enjoy a nutritious meal. Meals are catered by a local Chinese restaurant.
<b>Description:</b>	A meal is offered on the 3rd Tuesday of each month at 11:30am.
<b>Location:</b>	Lexington Senior Center 1475 Mass. Ave. Lexington, MA 01460
<b>Contact:</b>	Jennifer Stiff 781-221-7056

# Haitian



- Mattapan, MA
- Brockton, MA
- Cambridge, MA



## Haitian Meal Site and Social Center

Somerville Cambridge Elder Services

Cambridge, MA

<b>Target Population(s):</b>	Haitian/Creole speaking (open to all seniors)
<b>Goal:</b>	Provides Haitian elders with an opportunity and central location to build a social support network and as well as group activities and meals are offered.
<b>Description:</b>	This meal service, which serves Haitian-style food, is one of the many services coordinated for the Haitian community at this site. The program offers breakfast and lunch to the Haitian participants. There is a strong support system amongst the patrons to collectively provide this program for the Haitian community. Haitian -Creole speaking staff is available at the site. Transportation to and from the site is also offered.
<b>Setting:</b>	A medium size day room is provided to the Haitian program, dining and events. The room is inviting and central for new and current Haitian attendees and partners.
<b>Promotional/Outreach:</b>	Information is successfully disseminated by word-of-mouth through the Haitian community and Senior Center.
<b>Partnerships:</b>	Partnership with the Cambridge Senior Center
<b>Cost/Source of Funding:</b>	Voluntary donations and federal and state sources are used to fund the monthly gatherings. A voluntary donation of \$1.00 is suggested for breakfast and \$1.50 for lunch.
<b>Evaluation:</b>	A yearly satisfaction survey is completed by program participants.
<b>Days and Hours:</b>	A meal is offered on Thursdays from 11 to 1 pm.
<b>Location:</b>	Cambridge COA 806 Mass Ave Cambridge, MA 02139
<b>Contact:</b>	Julie King, 617-349-6042

## Additional Haitian Meal Sites:

### ETHOS

### Mattapan, MA

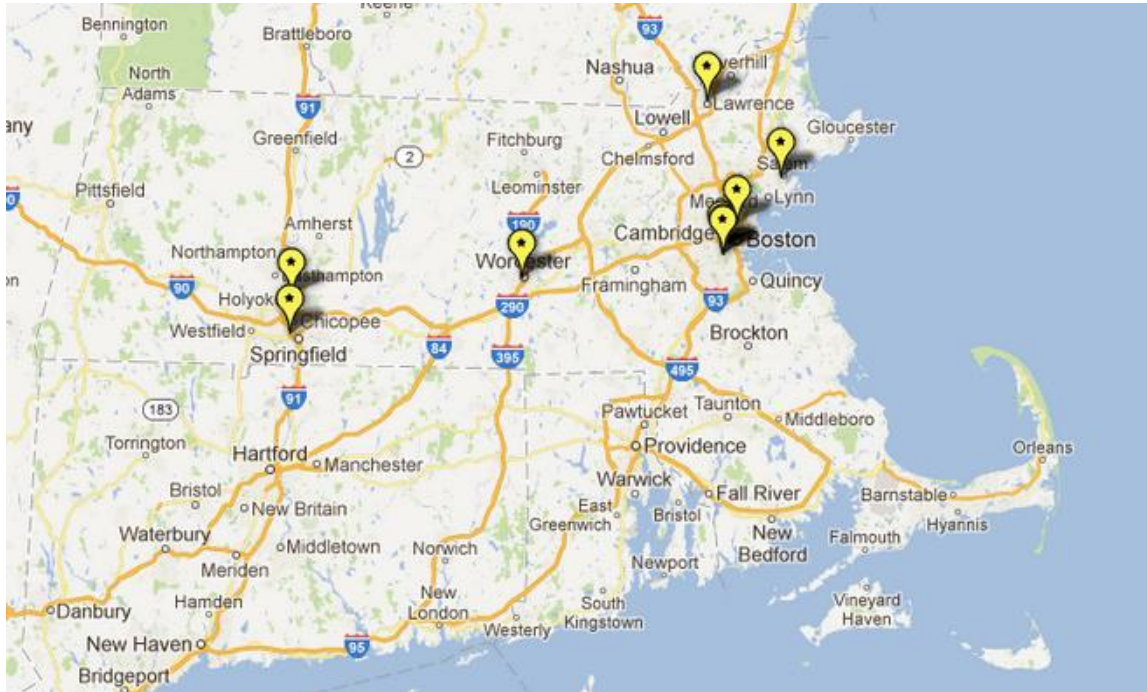
<b>Target Population(s):</b>	Haitian (open to all seniors)
<b>Description:</b>	This site offers a Caribbean style meal service offered at the Church of the Holy Spirit. Nutrition education is provided in Haitian Creole and nutrition counseling is available upon request. Haitian speaking staff and volunteers are on hand
<b>Days and Hours:</b>	A meal is offered M-F at 1pm.
<b>Location:</b>	Church of the Holy Spirit 525 River St. Mattapan, MA 02126
<b>Contact:</b>	Josette Potier, 617-298-2130

### Old Colony Elderly Services

### Brockton, MA

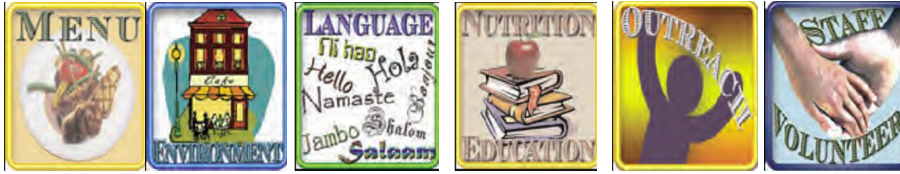
<b>Target Population(s):</b>	Haitian (open to all seniors)
<b>Description:</b>	This Site serves Haitian Meals 3 days a week Tuesday, Wednesday, and Friday. The site provides a place for seniors to socialize and enjoy a nutritious meal. The meals are catered by Jeano's a local Haitian Creole Restaurant.
<b>Days and Hours:</b>	A meal is offered Tuesday, Wednesday & Friday from 11 to 3pm.
<b>Location:</b>	Brockton Haitian Tabernacle 690 North Main Street Brockton, MA 02301
<b>Contact:</b>	Kledor Telemaque, 508-584-1561

# Hispanic/Latino



- **Chelsea**
- **Worcester**
- **Jamaica Plain**
- **Springfield**
- **Roxbury Crossing**
- **Lawrence**
- **Salem**
- **Holyoke**





## Hispanic/Latino Meal Site

Chelsea Revere Winthrop Senior Services

Chelsea, MA

<b>Target Population(s):</b>	Hispanic/Latino (open to all seniors)
<b>Goal:</b>	To provide a social outlet and central location for camaraderie and support.
<b>Description:</b>	This congregate site offers a Latino style meal once a month at the Chelsea Senior Center. Both English and Spanish speaking staff and volunteers are present. A nutritionist oversees the Latino style menu. Nutrition education, information on food stamps and coupons for neighborhood farmers markets are also offered. Once per month.
<b>Setting:</b>	There is entertainment in the form of music, singing, games, etc. The meal is a well-known social event for the elderly population in Chelsea, and neighboring cities.
<b>Promotional/Outreach:</b>	Information about this congregate meal is spread by word - of-mouth in the Spanish-speaking community in Chelsea and in neighboring cities.
<b>Cost/Source of Funding:</b>	Voluntary donations and federal and state sources are used to fund the monthly gatherings.
<b>Challenges/Barriers:</b>	Increasing attendance was a challenge, but has improved substantially since the program began ..
<b>Evaluation:</b>	An annual satisfaction survey is conducted. Monthly comments and inventory are assessed.
<b>Contact:</b>	Mary Ann Ramos, Program Manager Chelsea Senior Center 10 Riley St. Chelsea, MA 02150 (617) 466-4370



## Hispanic/Latino Meal site

**Kit Clark Senior Services**

**Dorchester/Roxbury, MA**

<b>Target Population(s):</b>	Latino/Hispanic (open to all seniors)
<b>Goal:</b>	La Alianza Hispana promotes Latino self - determination, social-economic opportunities and greater civic participation in our society.
<b>Description:</b>	Adult Day-Health Program, with about 50 participants. Provides lunch with a menu that was traditionally Hispanic until recently when attendees requested to change it to an American style menu. There is a mixture of cultures and a Spanish-speaking staff. The program is offered Monday through Friday.
<b>Setting:</b>	Meals are served in the Alianza Hispana Building.
<b>Promotional/Outreach:</b>	Events for the elderly Hispanic community, like ESL classes, health promotion, and other basic needs.
<b>Partnerships:</b>	La Alianza Hispana, Inc. is dedicated to the advocacy for equal access to basic human services . .
<b>Cost/Source of Funding:</b>	Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$1.75 is suggested for this meal.
<b>Challenges/Barriers:</b>	Finding a larger space for the program .
<b>Evaluation</b>	A weekly evaluation form filled out by the site .
<b>Contact:</b>	La Alianza Hispana 63 Parker Hill Ave Roxbury Crossing, MA 02120 Marisol Amaya, Site Manager (617) 232-0634



## Hispanic/Latino Meal Site - Restaurant

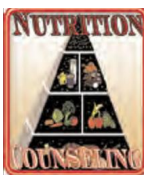
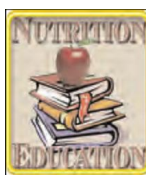
**WestMass ElderCare**

**Holyoke, MA**

<b>Target Population(s):</b>	Latino population (open to all seniors)
<b>Goal:</b>	To provide elders in the community with an opportunity to congregate in a social setting through an affordable medium.
<b>Description:</b>	Seniors are served a healthy, Latino meal at a restaurant. Seniors who participate in the program are provided with a “zip card” with their information and picture, which they swipe at the time they come for their meal. Nutrition Education is included every month on the back of menu. The restaurant also works with a nutritionist to insure healthy menu options for elders participating in the meal service.
<b>Setting:</b>	The meal services take place at the restaurant Monday through Friday during lunch hours. Approximately 70% of the senior attendees are Hispanic.
<b>Partnerships:</b>	WestMass ElderCare administers this program.
<b>Cost/Source of Funding:</b>	Voluntary donations and federal and state sources are used to fund this site.
<b>Evaluation:</b>	A mail satisfaction survey is mailed yearly to evaluate this meal service. An efficient grievance policy is in place.

**Contact:**

Fernandez Family Restaurant  
 161 High St  
 Holyoke, MA 01040  
 (414) 532-1139  
 Lisa Lovell, Nutrition Director  
 WestMass ElderCare  
 (413) 538-9020



## Hispanic/Latino Meal Site

**ETHOS**

**Jamaica Plain, MA**

<b>Target Population(s):</b>	Hispanic/Latino (open to all seniors)
<b>Goal:</b>	To provide a social outlet and central location for support for the seniors, in the Hispanic community of the “Hyde Square” neighborhood of Jamaica Plain.
<b>Description:</b>	The Caribbean meal service is offered on Wednesdays and Fridays at the Nate Smith Senior Housing complex. Nutrition education is provided in Spanish and nutrition counseling is available upon request.
<b>Setting:</b>	At the time of the meals service, other activities and social affairs take place, such as games and music. Spanish speaking staff and volunteers are available.
<b>Partnerships:</b>	The Nate Smith house helps coordinate a large portion of the activities for this site, while ETHOS administers the program.
<b>Cost/Source of Funding:</b>	Voluntary donations and federal and state sources are used to fund the monthly gatherings. A voluntary donation of \$1.75 is suggested for this meal.
<b>Evaluation</b>	A yearly satisfaction survey is given to participants of the meal service as a form of evaluation.
<b>Contact:</b>	Nate Smith House 155 Lamartine St. Jamaica Plain, MA 02130 Nachet Mehciz (617) 522-6700 ext 373

## Additional Hispanic Meal Site:

**ETHOS**

**Jamaica Plain, MA**

<b>Target Population(s):</b>	Hispanic/Latino (open to all seniors)
<b>Description:</b>	The Caribbean meal service is offered at the Julia Martin House. Nutrition education is provided and nutrition counseling is available upon request.
<b>Days and Hours:</b>	A meal is offered Wednesday from 11 to 1pm.
<b>Location:</b>	Julia Martin House 90 Bickford St. Jamaica Plain, MA 02130
<b>Contact:</b>	Nachet Mehciz, 617-522-6700 ext. 373





## Greater Springfield Senior Services

Springfield, MA

<b>Target Population(s):</b>	Hispanic/Latino (open to all seniors)
<b>Goal:</b>	To reduce cultural barriers, increase access to culturally competent care, decrease depression and anxiety by increasing socialization and providing healthcare services.
<b>Description:</b>	A meals is offered once a month. Games such as bingo, pool, and dominos are often played. There's a large focus on preventative health care (e.g. foot care clinics and blood pressure checks). A 13 week special health program is offered for those who need it. ESL classes are also offered.
<b>Setting:</b>	This a multi-cultural population with a bonded group of Latinos, African- Americans, and Caucasion elders.
<b>Promotional/Outreach:</b>	Publicity is done by word-of-mouth and partners.
<b>Partnerships:</b>	Partners include the Alzheimer's Assoc., Brightwood Health Center,, Latinos Unidos, Mayors Office on Consumer Affairs , New North citizen's council, and the Spanish American Union at La Casa Hispania .
<b>Cost/Source of Funding:</b>	Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$1.75 is suggested.
<b>Challenges/Barriers:</b>	Help is needed with multicultural activities .
<b>Contact:</b>	Riverview Senior Center 122 Clyde St. 310 Plainfield St. Springfield, MA 01107  Mary Jenewin-Caplin, (413) 781-8800



## Hispanic/Latino Meal Site

Elder Services of Worcester Area

Worcester, MA

<b>Target Population(s):</b>	Hispanic/Latino (open to all seniors)
<b>Goal:</b>	To provide a social outlet and central location for camaraderie and support.
<b>Description:</b>	There are a myriad of services provided for the Hispanic population in Worcester; Translating documents, assistance at doctors' appointments, ESL classes, and case management are just some of the services available. Latino-style meals are offered every Wednesday during lunch hours. Nutrition education is also provided at the sites. There are currently about 70 attendees.
<b>Setting:</b>	The room where this meal service takes place is a dedicated space for Latino seniors to congregate and enjoy meals and entertainment. Staff and volunteers are Spanish-speaking.
<b>Promotional/Outreach:</b>	The "Platter Chatter" is the quarterly newsletter produced by Elder Services of Worcester, containing the menu, information about all meal sites and services, and one page dedicated to nutrition education.
<b>Partnerships:</b>	Several outside services facilitate Latino events.
<b>Cost/Source of Funding:</b>	Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$2.00 is suggested for this meal.
<b>Barriers</b>	There is a need for more transportation.
<b>Evaluation</b>	Evaluations in Spanish are distributed annually.
<b>Contact:</b>	Central Las Americas 11 Sycamore St. Worcester, MA 01608 Natalie Ackert, Assistant Nutrition Director, Elder Services of Worcester Area (508) 852-3205

## Additional Hispanic/Latino Meal Sites

### Merrimack Valley Nutrition Project

Lawrence, MA

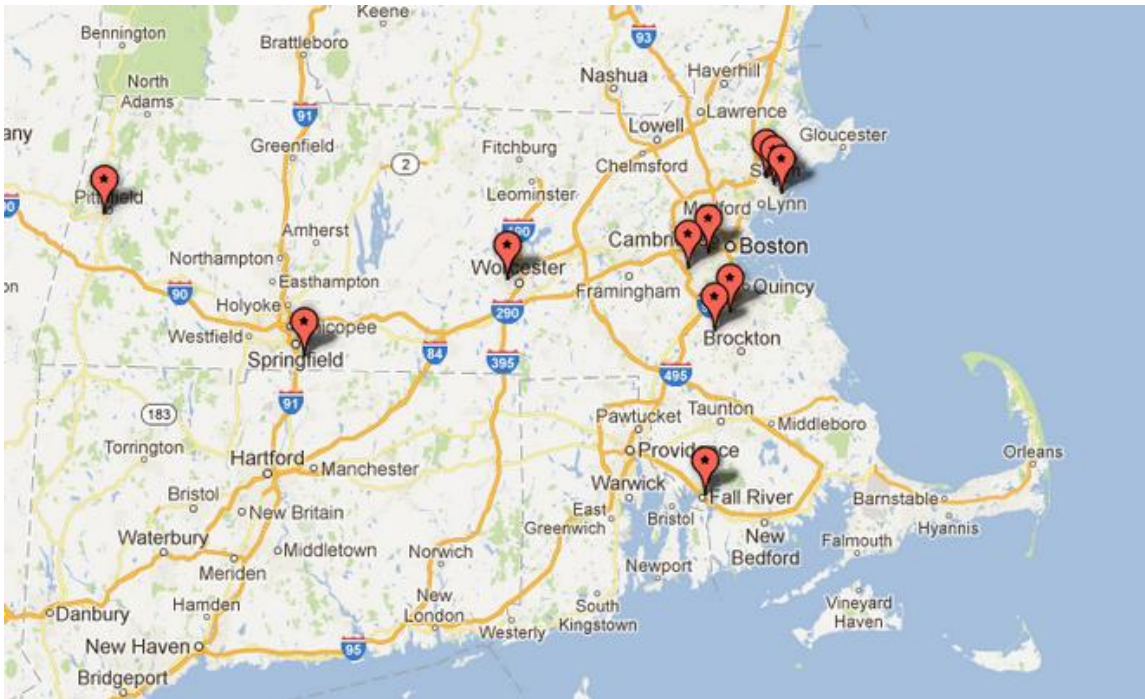
<b>Target Population(s):</b>	Hispanic/Latino (open to all seniors)
<b>Description:</b>	This site provides a place for the Hispanic and Latino senior community to socialize and enjoy a nutritious meal. The Lawrence Senior Center also provides numerous daily activities
<b>Days and Hours:</b>	A meal is offered Tuesday, Thursday, Friday
<b>Location:</b>	Lawrence Senior Center 155 Haverhill Street Lawrence, MA 01840
<b>Contact:</b>	Rosa Lopez, 978-686-1422

### North Shore Elder Services

Salem, MA

<b>Target Population(s):</b>	Hispanic/Latino (open to all seniors)
<b>Description:</b>	This meal site is planning to start in 2013. Please contact us for details.
<b>Days and Hours:</b>	A meal will be offered once per month, days TBA.
<b>Location:</b>	Salem Council on Aging 5 Broad St. Salem, MA 01970
<b>Contact:</b>	Bill Woolley, 978.744.0924

# Kosher



- Fall River
- Pittsfield
- Worcester
- Springfield
- Marblehead
- Salem
- Peabody
- Stoughton
- Randolph
- Brookline
- Newton



## Kosher Meal Site

South Shore Elder Services

Randolph, MA

<b>Target Population(s):</b>	Kosher population, but not exclusive to members of the Jewish religion (open to all seniors)
<b>Goal:</b>	The main focus of this site is to offer the option of Kosher meals, and provide a social outlet for seniors.
<b>Description:</b>	Menus are distributed every four weeks. A regular group of patrons attends the meal on Mondays and Thursdays (about 14), and the site manager prepares and serves the meals. Meals are not offered during July or August. Volunteers and staff are friendly and inviting to patrons.
<b>Setting:</b>	The meal is served in a dining area with a kitchen, inside a Temple. Informal entertainment and organized games are common..
<b>Promotional/Outreach:</b>	The event is promoted monthly in the Patriot Ledger newspaper and by word-of-mouth.
<b>Partnerships:</b>	This meal is planned and prepared in collaboration with the chef at the Simon C. Fireman Independent Senior Housing facility and the South Shore Elder Services Nutrition program.
<b>Cost/Source of Funding:</b>	Voluntary donations and federal and state sources are used to fund these gatherings.
<b>Challenges/Barriers:</b>	More opportunities for transportation are needed.

Temple Beth Am  
871 North Main Street  
Randolph, MA 02368

MaryAnn Ryan, Nutrition Director  
South Shore Elder Services  
(781) 848-3939 X 354



## Jewish/Kosher Congregate Meal Site

Greater Springfield Senior Services

Springfield, MA

**Target Population(s):** Kosher style preparation; but not exclusive to members of the Jewish faith (open to all seniors)

**Goal:** The main focus of this site is to offer the option of Kosher meals, and provide a social outlet for seniors.

**Description:** This meal site provides a place for the senior community to socialize and enjoy a nutritious meal. All are welcome. Menus are developed in cooperation with Jewish Nursing Home/Rehab Facility. Caterers work with the site manager to take into account all provisions for kosher meals. The JCC is welcoming, culturally sensitive, and provides social activities especially to those of the Jewish faith. M-F, 11:30am

**Contact:**  
Kosher Meal Program  
1160 Dickenson St.  
Springfield, MA 01108

Mary Jenewin-Caplin, (413) 781-8800





## Kosher Meal Site – Ahavath Toran Temple

Old Colony Elderly Services

Stoughton, MA

**Target Population(s):** Kosher, but not exclusive to Jewish Religion (open to all seniors)

**Description:** This site provides an option for all attendees to reserve a kosher meal. The caterer prepares kosher meals based on reservations. The kosher option is offered for lunch on Tuesdays. Exercise and wellness opportunities are offered to seniors. The meal site takes place at the Ahavath Toran Temple, which welcomes elders of all faiths. Staff and volunteers for this meal service are inviting and sensitive to the value of kosher meals. Many meal attendees come early to socialize and partake in coffee hour before meals are served at lunchtime, on Tuesdays.

### Contacts:

Ahavath Toran Temple  
1179 Central Street  
Stoughton, MA 02072

Harvey Levensohn, (781) 344 8606



## Kosher Meal Site

Elder Services of Worcester Area

Worcester, MA

<b>Target Population(s):</b>	Kosher, but not exclusive to members of the Jewish religion (open to all seniors)
<b>Goal:</b>	The main focus of this site is to offer the option of Kosher meals, and provide a social outlet for seniors.
<b>Description:</b>	Kosher meals are offered on Tuesdays and Thursdays at an apartment complex, but are open to the public.
<b>Setting:</b>	The environment is inviting and relaxed, with a welcoming staff and good food. The meals are served on the bottom floor of the complex where there is a fireplace.
<b>Promotional/Outreach:</b>	The “Platter Chatter” is the quarterly newsletter produced and sent by Elder Services of Worcester Area, with a menu and information about sites, services and nutrition education. Nutrition Education is also provided at the sites.
<b>Partnerships:</b>	Meals are contracted through Jewish Healthcare.
<b>Cost/Source of Funding:</b>	Voluntary donations and federal and state sources are used to fund the monthly gatherings. Voluntary client donations of \$3.00 are suggested for this meal.
<b>Evaluation</b>	Jewish Healthcare provides Elder Services with weekly updates and comments about the meal service .
<b>Contact:</b>	
	Bet Shalom 475 Chandler St. Worcester, MA 01602 Sue Granoff, Volunteer Coordinator (508) 756-7109 Natalie Ackert, Assistant Nutrition Director, Elder Services of Worcester Area (508) 852-3205

## **Additional Kosher Meal Sites**

### **Knesset Isreal**

16 Colt Road  
Pittsfield, MA 01201 Cindy Bell-Deane, Site Manager  
Sandy Alfonso (for info)  
(413) 799-0524  
For reservations:  
(413) 442-2200

### **Salem, MA (COA)**

5 Broad St.  
Salem, MA 01970  
Sandy George  
978.744.0924

### **Peabody, MA (COA)**

79 Central St.  
Peabody, MA 01960  
Sandra Cloutman  
(978) 531 2254

### **Marblehead, MA (COA)**

10 Humphrey St.  
Marblehead, MA 01947  
Jan DePaolo  
(781) 631-6737

### **Jewish Community Center Brookline**

1550 Beacon Street  
Brookline, MA 02446  
Tara Hatala, (617) 926-4100

### **Jewish Community Center Newton**

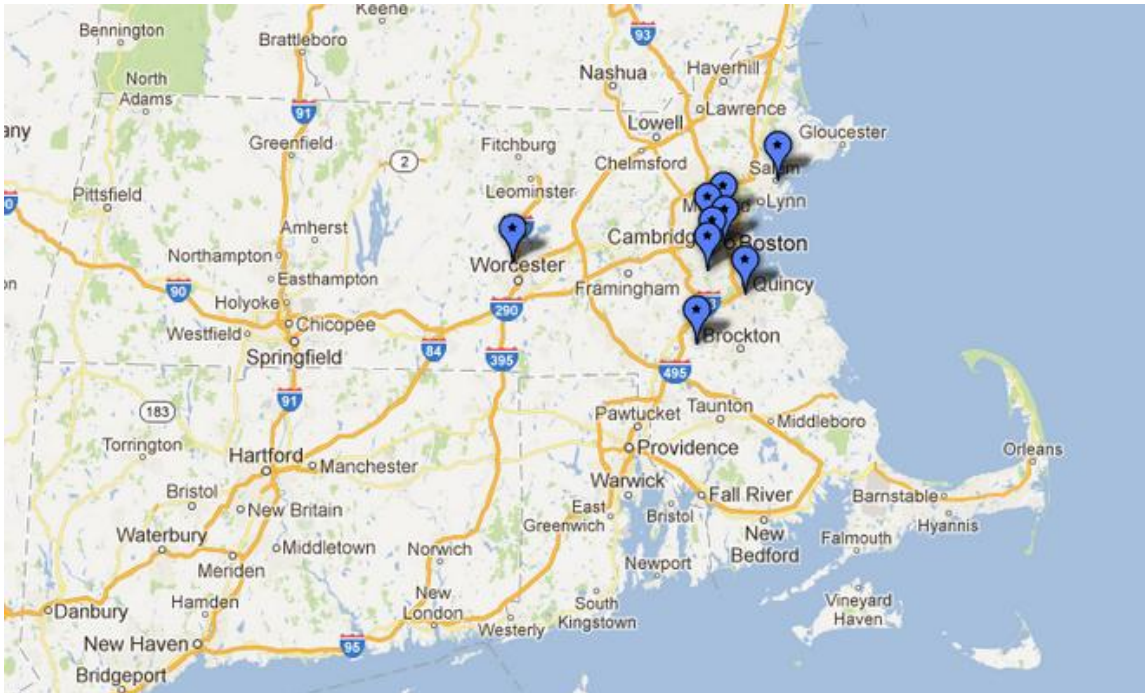
333 Nahanton Street  
Newton, MA 02459  
Tara Hatala, (617) 926-4100

### **Fall River Jewish Home for Aged Community Kitchen**

538 Robeson St  
Fall River, MA 02720 Karen Cote, Nutrition Director  
Bristol Elder Services, Inc.  
Debora Avila-Carreiro, 774-627-1467

# LGBT

(Lesbian, Gay, Bisexual, & Transgender)



- Worcester
- Roslindale
- Boston
- Jamaica Plain
- Sharon
- Malden
- Salem
- Cambridge
- Braintree



## LGBT Sites

<b>Agency:</b>	<b>Elder Services of Worcester Area</b>
<b>Location:</b>	Rainbow Lunch Club 90 Holden Street Worcester, MA 01606
<b>Contact:</b>	Ben Labonte, (508) 756-1545 X 339
<b>Description:</b>	This meal site provides a place for LGBT seniors to socialize and enjoy a nutritious meal. All are welcome. Elder Services of Worcester Area (ESWA) creates a healthy and balanced menu, and the meals are provided at the Unitarian Church. The meal is followed by a program on related topics or services such as ESWA's CareGiver Program.
<b>Days and Hours:</b>	A meal is offered on the 2nd Wednesday of each month from 11:30 - 1:30.

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<b>Agency:</b>	<b>ETHOS</b>
<b>Location:</b>	Out2Brunch Meal Site 120 Poplar St Roslindale, MA 02131
<b>Contact:</b>	Nachet Mehciz, 617-522-6700 ext. 373
<b>Description:</b>	A meal service for this community includes many social activities such as instrumental concerts put on by students; sing along show tunes, and discussion groups that are of interest and fun for attendees. Attendance is up to +30 members and the location is great for usage of public transportation. Nutrition education is also a part of this

meal service and nutrition counseling is provided by request. Architectural walks and other forms of interesting activities are being planned to promote exercise. The meal service takes place in an attractive conference room of an old church in Back Bay. Food is provided by Kit Clark Senior Services. Volunteers and groups have come to work with the Prime Timers (an older gay social club). This meal service also offers Saturday brunch called, "Out to Brunch". The group congregates on the first Saturday of each month. In the past, there has been a mix of entertainment and education, musical entertainment, jazz trios, etc. Each attendee fills out an information card that offers a health assessment and nutrition counseling by request. OLE (Older Lesbian Energy), Daughters of Bilits are two (out of many other) organizations that partner with "Out to Brunch" monthly.

**Days and Hours:** A meal is offered Saturday monthly from 11:00-2:00.

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**Agency:** **ETHOS**

**Location:** Emmanuel Church in Back Bay  
15 Newbury St.  
Boston, MA 02116

**Contact:** Robert Linscott, (617) 522-6700 ext 310

**Description:** This meal site provides a place for the LGBT senior community to socialize and enjoy a nutritious meal. This meal site offers many social activities such as instrumental concerts put on by students, sing along show tunes, and discussion groups that are of interest and fun for attendees. Attendance is up to 55 members and the location is great for use of public transportation. Nutrition education is also a part of this meal service and nutrition counseling is provided by request. Architectural walks and other forms of interesting activities are being planned to promote exercise. The meal service takes place in an attractive conference room of an old church in Back Bay. Food is provided by Kit Clark Senior Services. Volunteers and staff work together with other organizations such as the Boston Prime Timers (an older gay social club) to make these events successful. A similar brunch service is also offered on



Saturday called, “Out to Brunch”. The group congregates on the first Saturday of each month. In the past, there has been a mix of entertainment and education, musical entertainment, jazz trios, etc. Each attendee fills out an information card that offers a health assessment and nutrition counseling by request. OLE (Older Lesbian Energy), Daughters of Bilits are two (out of many other) organizations that partner with “Out to Brunch” monthly.

**Days and Hours:** A meal is offered on Thursdays from 10:00-2:00.

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**Agency:** **ETHOS**

**Location:** 301 S. Huntington Ave  
Jamaica Plain, MA 02130

**Contact:** Nachet Mehciz, (617-522-6700 ext. 373)

**Description:** This meal site provides a place for the LGBT senior community to socialize and enjoy a nutritious meal. This meal site offers many social activities such as instrumental concerts put on by students, sing along show tunes, and discussion groups that are of interest and fun for attendees. Attendance is up to 55 people or more and the location is great for use of public transportation. Nutrition education is also a part of this meal service and nutrition counseling is provided by request. Architectural walks and other forms of interesting activities are being planned to promote exercise. The meal service takes place in an attractive conference room of an old church in Back Bay. Food is provided by Kit Clark Senior Services. Volunteers and staff work together with other organizations such as the Boston Prime Timers (an older gay social club) to make these events successful. A similar brunch service is also offered on Saturday called, “Out to Brunch”. The group congregates on the first Saturday of each month. In the past, there has been a mix of entertainment and education, musical entertainment, jazz trios, etc. Each attendee fills out an information card that offers a health assessment and nutrition counseling by request. OLE (Older Lesbian Energy), Daughters of Bilits are two (out of many other) organizations that partner with “Out to Brunch” monthly.

**Days and Hours:** A meal is offered on Tuesday monthly from 6:00-8:00pm.

## LGBT Sites cont.

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<b>Agency:</b>	<b>HESSCO Elder Services</b>
<b>Location:</b>	Lakeside Café - Sharon Council on Aging 55 Dubinsky Drive, Sharon, MA 02067
<b>Contact:</b>	Jayne Davis, (781) 784-4944
<b>Description:</b>	This lunch program provides an opportunity for the older LGBT community to gather for socialization and educational programming. The Sharon Adult Center offers a warm and inviting environment for the LGBT population. Transportation is available.
<b>Days and Hours:</b>	A meal is offered on 3rd Monday of each month from 11:00-1:00.

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<b>Agency:</b>	<b>Mystic Valley Elder Services</b>
<b>Location:</b>	Mystic Valley Elder Services 300 Commercial St Malden, MA 02148
<b>Contact:</b>	Barbara Rougier/Bob Linscott, (781) 324-7705
<b>Description:</b>	This site is new as of December, 2012. This site attracts the LGBT senior population and is called "Mystic Tea". The meal is Buffett style featuring soups sandwiches, and salad. The site's goal is to provide a place for the older LGBT community to gather and socialize.
<b>Days and Hours:</b>	A meal is offered on 3rd Tuesday of the each month from 4:00 - 6:00 pm.

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**Agency:** North Shore Elder Services

**Location:** House of Seven Gables  
115 Derby Street  
Salem, MA 01970

**Contact:** Tina Claydon, 978.624.2284

**Description:** This meal site provides a place for seniors to socialize and enjoy a nutritious meal. This site attracts the older LGBT population once a month for a supper program. Please contact us for more information.

**Days and Hours:** A meal is offered on 2nd Tuesday of each month from 11:00 - 1:00.

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**Agency:** Somerville-Cambridge Elder Services

**Location:** Cadbury Commons  
66 Sherman St  
Cambridge, MA 02139

**Contact:** Somerville-Cambridge Elder Services, 617-628-2601x605

**Description:** This meal site provides a place for the LGBT senior community to socialize and enjoy a nutritious meal. All are welcome.

**Days and Hours:** A meal is offered on 4th Wednesday of each month at 6:00 PM.

# Portuguese



- **Cambridge**
- **Somerville**

## Portuguese Meal Sites

### Somerville Cambridge Elder Services

<b>Agency:</b>	<b>Somerville-Cambridge Elder Services</b>
<b>Location:</b>	Massachusetts Alliance of Portuguese Speakers (MAPS) 1046 Cambridge St Cambridge, MA 02139
<b>Contact:</b>	Julia (social worker), 617-864-7600
<b>Description:</b>	This meal site provides a place for seniors to socialize and enjoy a nutritious meal. In particular, this site serves the Portuguese population in the community - yet all are welcome.
<b>Days and Hours:</b>	A meal is offered Monday through Thursday at 11:30am

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<b>Agency:</b>	<b>Somerville-Cambridge Elder Services</b>
<b>Location:</b>	Ralph & Jenny Center 9 New Washington St Somerville, MA 02145
<b>Contact:</b>	DeeDee (coordinator), 617-628-2601x605
<b>Description:</b>	This meal site provides a place for seniors to socialize and enjoy a nutritious meal. In particular, this site serves the Portuguese population in the community - yet all are welcome.
<b>Days and Hours:</b>	A meal is offered on Thursdays from 11:00 - 1:00.

# Vietnamese



## Worcester, MA

Worcester Senior Center  
128 Providence St.  
Worcester, Ma 01604

Linda Hosegood, Dining Center Manager  
Elder Services of Worcester Area  
(508) 799-8070





## Vietnamese – Multi-Cultural Meal program

### Elder Services of Worcester Area

Worcester, MA

<b>Target Population(s):</b>	Vietnamese population (all seniors welcome)
<b>Goal:</b>	In an effort to reach out to members of the Vietnamese population in the area, the senior center in Worcester provides a monthly vegetarian meal. Many of the participants now eat at the site daily.
<b>Description:</b>	On the second Thursday of every month, a vegan, South - east Asian meal is catered, from a restaurant, in the Vietnamese building. The Southeast Asian coordinator is Vietnamese speaking. There is also a nurse on staff who aids in healthcare and provides diabetes education, health awareness, and health prevention.
<b>Setting:</b>	This very active senior center hosts seniors of several diverse backgrounds; Black, Vietnamese, and Hispanic. Entertainment and activities are held at the same site of the meal service. The Vietnamese community also has a big event with a meal and entertainment dedicated to their specific culture throughout the year. LGBT integration is also a main focus at this site.
<b>Promotional/Outreach:</b>	Word about the events for the Vietnamese population is mainly disseminated through the Worcester Senior Center newsletter and through signs around the Senior Center. An authentic Hispanic-style chef also offers a Hispanic meal.
<b>Cost/Source of Funding:</b>	The United Way contributes funding. Voluntary donations and federal and state sources are used to fund the monthly gatherings. A voluntary donation of \$2.00 is suggested for this meal.
<b>Challenges/Barriers</b>	Elder Services of Worcester Area provides transportation, but additional transportation is needed.
<b>Evaluation</b>	A yearly client satisfaction survey is conducted. Also evaluated are daily comments from the site.